NUMB CXV.

The SPECTATOR.

——Ut ſit mens ſana in Corpore ſano. Juv.

Thurſday, July 12. 1711.

BODILY Labour is of two kinds, either that which a Man ſubmits to for his Livelihood, or that which he undergoes for his Pleaſure. The latter of them generally changes the Name of Labour for that of Exerciſe, and differs only from ordinary Labour, as it riſes from another Motive.

A Country Life abounds in both theſe kinds of Labour, and for that Reaſon gives a Man a greater Stock of Health, and conſequently a more perfect Enjoyment of himſelf, than any other way of Life. I conſider the Body as a Syſtem of Tubes and Glands, or to uſe a more Ruſtick Phraſe, a Heap of Pipes and Strainers, fitted to one another after ſo wonderful a manner as to make a proper Inſtrument for the Soul to work with. This Deſcription does not only comprehend the Bowels, Bones, Tendons, Veins, Nerves and Arteries, but every Muſcle and every Ligature, which is a Compoſition of Fibres, that are ſo many imperceptible Tubes or Pipes interwoven on all ſides with inviſible Glands or Strainers.

This general Idea of a Human Body, without conſidering it in the Niceties of Anatomy, lets us ſee how abſolutely neceſſary Labour is for the right Preſervation of it. There muſt be frequent Motions and Agitations to mix, digeſt, and ſeparate the Juices contained in it, as well as to clear and cleanſe that Infinitude of Pipes and Strainers of which it is compoſed, and to give their ſolid Parts a proper firm and laſting Tone. Labour or Exerciſe ferments the Humours, caſts them into their proper Channels, throws off Redundancies, and helps Nature in thoſe ſecret Diſtributions, without which the Body cannot ſubſiſt in its Vigour, nor the Soul act with Chearfulneſs.

I might here mention the Effects which this has upon all the Faculties of the Mind, by keeping the Underſtanding clear, the Imagination untroubled, and refining thoſe Spirits that are neceſſary for the proper Exertion of our intellectual Faculties, during the preſent Laws of Union between Soul and Body. It is to a Neglect in this Particular that we muſt aſcribe the Spleen, which is ſo frequent in Men of ſtudious and ſedentary Tempers, as well as the Vapours to which thoſe of the other Sex are ſo often ſubject.

Had not Exerciſe been abſolutely neceſſary for our Well-being, Nature would not have made the Body ſo proper for it, by giving ſuch an Activity to the Limbs, and ſuch a Pliancy to every Part as neceſſarily produce thoſe Compreſſions, Extentions, Contortions, Dilatations, and all other kinds of Motion that are neceſſary for the Preſervation of ſuch a Syſtem of Tubes and Glands as has been before mentioned. And that we might not want Inducements to engage us in ſuch an Exerciſe of the Body as is proper for its Welfare, it is ſo ordered that nothing valuable can be procured without it. Not to mention Riches and Honour, even Food and Raiment are not to be come at without the Toil of the Hands and Sweat of the Brows. Providence furniſhes Materials, but expects that we ſhould work them up our ſelves. The Earth muſt be laboured before it gives its Encreaſe, and when it is forced into its ſeveral Products, how many Hands muſt they paſs through before they are fit for Uſe? Manufactures, Trade and Agriculture naturally employ more than nineteen Parts of the Species in twenty; and as for thoſe who are not obliged to Labour, by the Condition in which they are born, they are more miſerable than the reſt of Mankind, unleſs they indulge themſelves in that voluntary Labour which goes by the Name of Exerciſe.

My Friend Sir ROGER has been an indefatigable Man in Buſineſs of this kind, and has hung ſeveral Parts of his Houſe with the Trophies of his former Labours. The Walls of his great Hall are covered with the Horns of ſeveral kinds of Deer that he has killed in the Chace, which he thinks the moſt valuable Furniture of his Houſe, as they afford him frequent Topicks of Diſcourſe, and ſhow that he has not been Idle. At the lower end of the Hall is a large Otter's Skin ſtuffed with Hay, which his Mother ordered to be hung up in that manner, and the Knight looks upon with great Satisfaction, becauſe it ſeems he was but nine Years old when his Dog killed

killed him. A little Room adjoining to the Hall is a kind of Arſenal filled with Guns of ſeveral Sizes and Inventions, with which the Knight has made great Havock in the Woods, and deſtroyed many thouſands of Pheaſants, Partridges and Wood-Cocks. His Stable Doors are patched with Notes that belonged to Foxes of the Knight's own hunting down. Sir ROGER ſhowed me one of them that for Diſtinction ſake has a Braſs Nail ſtruck through it, which coſt him about fifteen Hours riding, carried him through half a dozen Counties, killed him a brace of Geldings, and loſt above half his Dogs. This the Knight looks upon as one of the greateſt Exploits of his Life. The perverſe Widow, whom I have given ſome account of, was the Death of ſeveral Foxes, for Sir ROGER has told me that in the Courſe of his Amours he patched the Weſtern Door of his Stable. Whenever the Widow was cruel the Foxes were ſure to pay for it. In proportion as his Paſſion for the Widow abated, and old Age came on, he left off Fox-hunting, but a Hare is not yet ſafe that Sits within ten Miles of his Houſe.

There is no kind of Exerciſe which I would ſo recommend to my Readers of both Sexes as this of Riding, as there is none which ſo much conduces to Health, and is every way accommodated to the Body, according to the *Idea* which I have given of it. Doctor *Sidenham* is very laviſh in its Praiſes, and if the *Engliſh* Reader would ſee the Mechanical Effects of it deſcribed at length, he may find them in a Book publiſhed not many Years ſince, under the Title of the *Medicina Gymnaſtica*. For my own part, when I am in Town, for Want of theſe Opportunities, I exerciſe my ſelf an Hour every Morning upon a dumb Bell that is placed in a Corner of my Room, and pleaſes me the more becauſe it does every thing I require of it in the moſt profound Silence. My Landlady and her Daughters are ſo well acquainted with my Hours of Exerciſe, that they never come into my Room to diſturb me whilſt I am ringing.

When I was ſome Years younger than I am at preſent I uſed to employ my ſelf in a more laborious Diverſion, which I learned from a *Latin* Treatice of Exerciſes, that is written with great Eruditon. It is there called the *Pugnomachia*, or the Fighting with a Man's own Shadow, and conſiſts in the brandiſhing of two ſhort Sticks graſped in each Hand, and loaden with Plugs of Lead at either end. This opens the Cheſt, exerciſes the Limbs, and gives a Man all the pleaſure of Boxing, without the Blows. I could with that ſeveral Learned Men would lay out that Time which they employ in Controverſies and Diſputes about nothing, in this method of fighting with their own Shadows. It might conduce very much to evaporate the Spleen, which makes them uneaſy to the Publick as well as to themſelves.

To conclude, As I am a Compound of Soul and Body, I conſider my ſelf as obliged to a double Scheme of Duties, and think I have not fulfilled the Buſineſs of the Day, when I do not thus employ the one in Labour and Exerciſe, as well as the other in Study and Contemplation.

Compleat Seats of this Paper, for the Month of June, are to be ſold by Mr. Graves in St. James's Street; Mr. Lewis under Tom's Coffee-Houſe, Covent-Garden; Mr. Lillie, Perfumer, at the Corner of Beaufort-Buildings; Mr. Sanger at the Temple Gate; Mr. Lloyd near the Church in the Temple; Mr. Knapton in St. Paul's Church-Yard; Mr. Round in Exchange Ally, and Mrs. Baldwin in Warwick-lane, where alſo may be had thoſe for the Months of March, April and May.

ADVERTISEMENTS.

An Entertainment of Muſick, conſiſting of a Poem, call'd, the Paſſion of Sappho: Written by Mr. Hariſon. A Song beginning If Wine and Muſick have the Power; by Mr Prior. And the Feaſt of Alexander: Written by Mr. Dryden; as they are ſet to Muſick by Mr. Thomas Clayton (Author of Arſinoe) will be performed at his Houſe in York Buildings, on Monday the 16th Inſtant, beginning at 8 in the Evening. Tickets, at 5s. each, may be had at Mr. Charles Lillie's, the Corner of Beauford Buildings, and at Mr. Elliot's at St. James's Coffee-houſe.

This Poem is Sold by Jacob Tonſon, at Shakeſpear's Head over-againſt Catherine-ſtreet in the Strand.

Loſt or Miſlaid, a Gold Watch, with a Shagreen-Caſe, whereupon is a Cypher intermingled Letters S D M, and the Plate Enammell'd with Adonis and Venus, with a Cupid who points at the Hour with the Arrow, and has ſeveral Motions. Whoever brings the ſame to Mr. Charles Chaloe, a Banker, at the Vine in Lombard-ſtreet, ſhall have 3 Guineas Reward, and no Queſtions ask'd.

For Sale by the Candle.

This Day the 12th Inſtant, at Lloyd's Coffee-houſe in Lombard-ſtreet, at 9 in the Forenoon, (only one Cask in a Lott) the entire Cargo of the Abraham and Iſaac Galley, Henry Wolfe Maſter, from Maderas, conſiſting of 61 Pipes of excellent new (white) Malmeſey Maderas Wines. Racy and of the right Flavour, 56 Pipes and 7 Hogſhead of new white Maderas Wine, extraordinary good, 19 Pipes and 1 Hogſhead of new (very good and true) Red Maderas Wine, neat and juſt landed, now in Warehouſes, Cellars and Vaults at Smart's Key between Billingſgate and the Cuſtom-houſe. Note, the Sale is to begin at the Hour appointed (viz. nine a Clock in the Forenoon as above,) and to be continued 'till 1, then will be adjourned to 4 in the Afternoon, intending to compleat the ſaid Sale this Day. To be Sold by Tho. Tookey Broker in Seething-lane in Tower-ſtreet.

Gown Ware-Houſe, removed from Baker's Coffee-Houſe, to Freeman's-Yard, in Cornhill, near the Royal-Exchange. Gowns for Men and Women, from 7l. 10s. to 13s. each, the Silks, Suffs and Callicoes, they are made of, are bought at Publick Sales of Perſons that fail'd. Where Ladies may be Furniſh'd with all ſorts of Quilted Petticoats and Canvas Hoop'd, and the neweſt Manto Petticoats, at 5s. a piece. The Prices being ſet on each Gown, For Encouragement, Merchants that buy four Gowns, ſhall have 5 per Cent. Diſcompt. N. B. This was the Ware-Houſe of Mr. Daniel Defoe.

Incomparable Perfuming Drops for Handkerchiefs, and all other Linnen Cloths, Gloves, &c. being the moſt Excellent for that purpoſe in the Univerſe, for they Stain nothing that is perfumed with 'em, any more than fair Water, but are the moſt Delectable, Fragrant and Odoriferous Perfume in Nature, and good againſt all Diſeaſes of the Head and Brain: By their delicious Smell, they Comfort, Revive and Refreſh all the Senſes, Natural, Vital and Animal, enliven the Spirits, chear the Heart, and drive away Melancholy: They alſo Perfume Rooms, Beds, Preſſes, Drawers, Boxes, &c. making them ſmell ſurprizingly Fine and Odoriferous. They perfume the Hands excellently, are an extraordinary Scent for the Pocket; and, in ſhort, are ſo exceeding Pleaſant and Delightful, ſo admirably Curious and Delicate, and of ſuch general Uſe, that nothing in the World can compare with 'em. Sold only at Mr. Payn's Toyſhop at the Angel and Crown in St. Paul's Church-yard near Cheapſide, at 2s. 6d. a Bottle with Directions.

LONDON: Printed for *Sam. Buckley*, at the *Dolphin* in *Little-Britain*; and Sold by *A. Baldwin* in *Warwick-Lane*; where Advertiſements are taken in; as alſo by *Charles Lillie*, Perfumer, at the Corner of *Beauford-Buildings* in the *Strand*.